

Linda Clair
Seven-day Meditation Retreat
Kallara Conference Centre, Australia
30 November – 7 December 2019
Transcription from Audio Recordings

File 3b – Monday morning guided meditation

So just a reminder about counting the breath. Most of you probably use it off and on. It's often good to use at the beginning of the sit or when you feel like things are getting a bit out of hand. It's a great technique to use to anchor your breath just that bit more. I still use it at times. I used it last sitting quite a bit.

So for those of you who haven't used it before, it's a very simple technique. You breathe in through the nose and as you breathe out you silently count, "One," from the abdomen. So it's more like your body is counting. You breathe in (and as you breathe out you silently count,) "Two."

It doesn't matter how quickly you do it or how slowly you do it. The more slowly you do it, the easier it is to get lost. So if you can get to ten without losing count of where you are, go back to one again. But whenever you lose track of where you are, whether it's two, three, eight, nine, simply go back to one again. And persevere. It's not an intellectual exercise, just going, "1-2-3..." It's really counting from the body, from the abdomen. And it can really help to rein in the thinking.

So particularly the first few minutes of a sit, but whenever you feel to, come back to it. It's a very simple, basic, effective technique.